

Title of Material: _____

Publisher: _____

Reviewer: _____

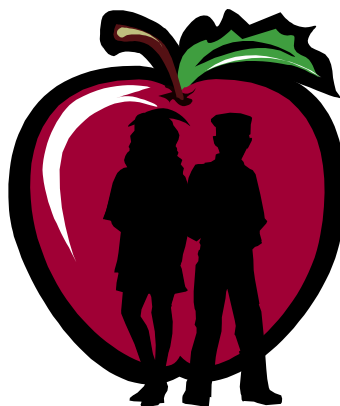
Percentage of Standards: _____

Grade Three--possible 25 (content knowledge & skills)

(Number of Yes checks divided by 25 = percentage)

Idaho Achievement Standards

Health for **Grade Three**



795 HEALTH STANDARDS – GRADE THREE, SECTIONS 796 THROUGH 800.

796 HEALTHY LIFESTYLES.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Acquire the essential skills to lead a healthy life.	a. Recognize the importance of fitness for overall wellness.	Indicate Page No	
	b. Describe diseases and disorders.	Indicate Page No	
	c. Identify and practice rules and procedures for safe living.	Indicate Page No.	
	d. View each person as a unique and special human being whose behavior can enhance or detract from a group, family, or community.	Indicate Page No.	
	e. Identify reasons why drugs and medicines are misused and abused.	Indicate Page No.	
	f. Identify the relationship between nutrition and well-being.	Indicate Page No.	
	g. Explore how the body changes as one grows.	Indicate Page No.	
	h. Adjust to family changes in healthful ways.	Indicate Page No.	
	i. Identify how health information, products, and services are made available.	Indicate Page No.	
	j. Identify the effects of pollution on the environment.	Indicate Page No.	

797 RISK-TAKING BEHAVIOR

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	a. Recognize ways of limiting the spread of illness.	Indicate Page No	
	b. Identify how behavior affects physical, mental, and emotional health.	Indicate Page No	
	c. Demonstrate methods of dealing with temptations, curiosity, peer influence, and harmful risk-taking.	Indicate Page No	
	d. Identify risky behaviors present within family, friendships, and the community.	Indicate Page No.	

798 COMMUNICATION SKILLS FOR HEALTHY RELATIONSHIPS.

Standards - The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to use communication skills to enhance health.	a. Describe how behaviors are affected by others' feelings.	Indicate Page No	
	b. Demonstrate refusal and decision-making skills.	Indicate Page No.	
	c. Explain effective ways families, friends, and communities communicate.	Indicate Page No.	

799. CONSUMER HEALTH.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Organize, analyze, and apply health information practices and services appropriate for individual needs.	a. Identify different types of health services.	Indicate Page No	
	b. Describe the need to follow directions on product labels.	Indicate Page No	

	c. Explore various health care careers.	Indicate Page No.	
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800. MENTAL AND EMOTIONAL WELLNESS.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Understand and demonstrate the key components to positive mental and emotional health.	a. Describe appropriate actions in response to one's own emotions.	Indicate Page No.	
	b. Identify ways that people are unique and worthwhile, both physically and emotionally.	Indicate Page No.	
	c. Recognize the benefits of exercise and how it enhances mental and emotional health.	Indicate Page No.	
	d. Describe ways of keeping one's self safe.	Indicate Page No.	
	e. Recognize the impact of drug use.	Indicate Page No.	